

3 High Fiber Breads
Served Each Week

All Menu Items
Subject To Change

Senior Citizen Menu

October 2016

Bread, Milk & Butter
Served with Each Meal

Mon	Tue	Wed	Thu	Fri
3 Hamburger On a Roll Macaroni Salad Green Beans Fruit	4 Herbed Chicken Leg Oven Roasted Potatoes Peas Pudding	5 Omelet Hash Brown Stewed Tomatoes Fruit	6 Pot Roast with Gravy Roasted Potatoes Butternut Squash Turnover	7 Pizza Broccoli Fruit
10 Closed Columbus Day	11 Fish Cakes with Tartar Sauce French Fries Baked Beans Fruit	12 Pork with Apple Sauce Potato Du Jour Mixed Vegetables Yogurt	13 Hot Turkey Sandwich Mashed Potatoes Garden Peas Brownie	14 Beer Batter Cod Buttery Barley Zucchini Fruit
17 Honey Mustard Chicken Breast Rice Brussels Sprouts Fruit	18 Eggplant Parmesan on a Roll Italian Vegetables Pudding	19 Pork Riblette Au Gratin Potatoes Green Beans Fruit	20 American Chop Suey Cream Corn Apple Crisp	21 Fish Du Jour Spinach Sweet Potatoes Fruit
24 Low Salt Hot Dog French Fries Beets Pineapple	25 Chicken Patty Scalloped Potatoes Oriental Vegetables Pudding	26 Turkey Chili with Shredded Cheese and Onions Broccoli Corn Bread Fruit	27 Tropic Sun Pork Over Rice Buttered Carrots Cookie	28 Fishwich Baked Beans Coleslaw Fruit
31 Roast Beef Sandwich Hash Brown Peas Fruit				